

## Qi Gong & Martial Arts Terms

#	文	Pīn Yīn	Translation	Notes and Comments
1.	氣功	<b>Qì Gōng</b> (Ch'i Kung)	energy work	qi + a carpenter's square – craftsmanship
2.	內功	Nèi Gōng	internal work/cultivation	meditative
3.	內丹	Nèi Dān	internal elixir/alchemy	dan = cinnabar = elixir = <b>transformative</b>
4.	外功	Wài Gōng	external work/development	physical work/development
5.	功夫	<b>Gōng Fū</b> (Kung Fu)	work + labor, effort, skill, ability	craftsmanship, skilled labor / refinement of qi work/practice over time leads to skillfulness time / endurance & sweat = skill = mastery
6.	吃苦	chī kǔ	eat bitter	i.e. hardship yields results / no pain, no gain (suck it up)
7.	少林	shào lín	young forest/grove	famous Buddhist martial arts monastery
8.	寺	sì	monastery, temple; mosque	esp. Buddhist/Fo                  gov't. office
9.	觀	guàn	a Daoist temple	same char: guān = look, see, view; an observatory (H:20)
10.	導引	<b>Dǎo Yǐn</b>	to lead & guide (the qi)	often referred to as Daoist Breathing Exercises
11.	太極拳	<b>Tài Jí Quán</b> (T'ai Chi Ch'uan)	very peak, pinnacle (summit) fist boxing	smt called Chinese shadow boxing the ultimate/consummate martial art
12.	無極	Wú Jí	no, none, without – a summit/pole	before the beginning of time & space primordial state / no-thing-ness
13.	武術	Wǔ Shù	military i.e. martial arts/skill	now = acrobatic gymnastics
14.	武藝	Wǔ Yì	military/martial skill	i.e. one skilled in wu shu
15.	意拳	Yì Quán	mind boxing	mental focus (struggle with your demons)
16.	意	Yì	idea, opinion, view; intention; meaning	Sp spirit
17.	憶	Yì	recall, recollect, think over, remember, reflection	Ht rad. on left = mental activity (mentation)
18.	臆	Yì	chest, breast, bosom; subjective	w/ flesh rad (Ht–Sp relation & blood)

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19.	形意拳	Xíng Yì Quán (Hsing I Ch'uan)	body-mind boxing	xing = form, shape, appearance of; body / training body & mind the form of mind boxing merging of thought & action [based on wu xing]
20.	八卦掌	Bā Guà Zhǎng (Pa Kua Chang)	8 (Trigram) Palms	walking the dragon circle, 8 palm changes
21.	筋經功	Jīn Jīng Gōng	sinew & channel work	based on Yi Jin Jing = Change Sinew Classic & Xi Sui Jing = Wash Marrow Classic both attrib. to Da Mo/Bodhidharma
22.	六音訣	Liù Yīn Jué	6 Sound/Syllable Secret	same yin as in pinyin jué = rhymed formula, tricks of the trade, knack; secret of success, key to success (the sounds are silent) organ cleansing, channel clearing exercises (attrib. to Sun Si Miao ~7th c.)
23.	小周天	<b>Xiǎo Zhōu Tiān</b>	small round/circular sky	the smaller heavenly circuit / microcosmic orbit
24.	大周天	Dà Zhōu Tiān	big round/circular sky	the bigger heavenly circuit / macrocosmic orbit
25.	老師	lǎo shī	teacher	lit. old, i.e. venerable teacher/master
26.	師傅 師父	• shī fù • shī fù	• master craftsman, expert, experienced worker • master, teacher, tutor	(sifu in Japanese) terms of respectful address
27.	丹田	<b>dān tián</b>	cinnabar / elixir + field	cultivation alchemical transformation (qi into jing, jing into shen)
28.	上	shàng	upper	3rd eye
29.	中	zhōng	middle	chest/heart
30.	下	xià	lower	lower abd / hypogastrium / below umbilicus
<b>4 Key Points in Qi Gong Practice</b>				
31.	百會	<b>Bǎi Huì</b>	100 Meet/Converge	GV-20 top of the head
32.	會陰	<b>Huì Yīn</b>	Meet/Converge in a yin place	CV-1 perineum
33.	湧泉	<b>Yǒng Quán</b>	Bubble(ing) Spring	KD-1 soles of the feet
34.	勞宮	<b>Láo Gōng</b>	Labor(er's) Palace	PC-8 center of the palms